



The Power of Attachment: How to Create Deep and Lasting Intimate Relationships

Diane Poole Heller

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From our earliest years, we develop an attachment style that follows us through life, replaying in our daily emotional landscape, our relationships, and how we feel about ourselves. With *The Power of Attachment*, Dr. Diane Poole Heller, a pioneer in attachment theory and trauma resolution, shows how overwhelming experiences can break our vital connections internally--with others, with the physical world around us, and even with our spiritual foundations.

The good news is that we can restore and reconnect at all levels, regardless of our past.

"As we heal and move toward secure attachment," teaches Dr. Heller, "we become aware of triggers and patterns in our relationships. Our nervous system learns to be more regulated. Things don't throw us off so easily. And we open our capacity to love."

Through key insights and many practical exercises, this book invites us to begin the journey to greater vulnerability, intimacy, wholeness, and resilience.

The Power of Attachment: How to Create Deep and Lasting Intimate Relationships Details

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Lorena says

The best thing about this book is the author's gentle, reassuring tone. I've read other books on attachment theory that explain the attachment styles and provide relationship advice, but this is the first book that really made me feel like there is nothing wrong with those of us who have an insecure attachment style. I love how the author often writes in first person plural point of view ("When we grow up with an avoidant adaptation" or "Those of us with an ambivalent attachment style"), creating a sense of inclusion and acceptance. It makes this subject so much easier to read about.

This book describes all four attachment styles: secure, avoidant, ambivalent, and the often-neglected disorganized style. The author explains that these styles are on a continuum and can be quite fluid, changing over time and within different contexts. She maintains that anyone can learn how to function more securely and enjoy a happy relationship. To that end, she provides tips and exercises for working on your own attachment issues as well as learning how to understand and get along better with people of different attachment styles. Importantly, she also provides some suggestions for when it may be best to move on from a relationship.

This book was easy to understand and emphasized a hopeful message that intimate connection is everyone's birthright. I recommend this book for anyone interested in improving their relationships, or for counselors who want to help clients with attachment issues.

I was provided an unproofed ARC through NetGalley that I volunteered to review. Because I have not seen the final published version, I cannot comment on the final editing and formatting.
